



Chocolate Tiramisù Charlotte

 Gluten Free

READY IN



74 min.

SERVINGS



12

CALORIES



457 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 8 ounces double chocolate morsels (with ghirardelli) divided
- 6 large eggs separated
- 2 envelopes gelatin powder unflavored
- 2 tablespoons espresso granules instant
- 0.5 cup marsala wine sweet divided
- 8 ounce mascarpone cheese
- 1 round bakery pound cake

- 1.3 cups sugar divided
- 0.5 cup water cold
- 0.8 cup water boiling
- 12 servings garnishes: whipped cream sweetened coarsely chopped
- 0.5 cup whipping cream divided

Equipment

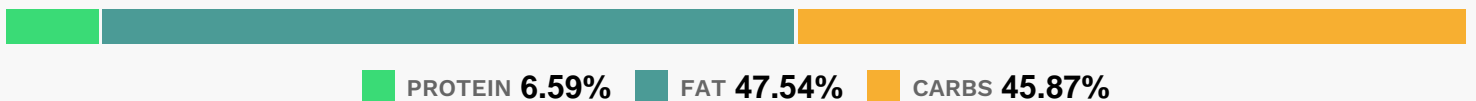
- bowl
- frying pan
- sauce pan
- knife
- whisk
- double boiler
- hand mixer
- microwave
- springform pan
- offset spatula

Directions

- Slice enough pound cake to get 18 (1/3") slices. Line sides and bottom of an ungreased 9" springform pan with 12 to 14 slices of pound cake. Set remaining pound cake aside. Dissolve espresso in 3/4 cup boiling water; stir in 1/4 cup Kahla.
- Brush pound cake with 3/4 cup espresso mixture, setting aside remaining 1/4 cup espresso mixture.
- Whisk together 6 egg whites and 3/4 cup sugar in top of a double boiler; place over simmering water, and cook, whisking often, until mixture reaches 16
- Transfer egg white mixture to a large bowl; beat at high speed with an electric mixer until stiff peaks form. Set aside.
- Sprinkle gelatin over 1/2 cup cold water in a saucepan; let soften 1 minute. Cook over medium heat, stirring until gelatin dissolves.

- Add 1/4 cup whipping cream; set aside.
- Whisk together 6 egg yolks, remaining 1/2 cup sugar, and remaining 1/4 cup Kahla in top of double boiler.
- Place over simmering water, and cook, whisking often, until mixture reaches 16
- Remove bowl, and beat at medium speed with a handheld electric mixer until thick and pale.
- Add mascarpone cheese and gelatin mixture, beating until smooth. Fold in about 1 cup meringue; fold in remaining meringue. Spoon half of mascarpone mixture into springform pan. Top with remaining pound cake slices; brush pound cake slices with remaining 1/4 cup espresso mixture.
- Place half of chocolate morsels in a glass bowl. Microwave on HIGH 1 1/2 minutes; stir until smooth and slightly cool.
- Add 1/2 cup mascarpone mixture, stirring until smooth; fold into remaining mascarpone mixture. Spoon chocolate mascarpone mixture into springform pan. Chill 20 minutes or until slightly firm on top.
- Combine remaining chocolate morsels, remaining 1/4 cup whipping cream, and butter in a small glass bowl. Microwave on HIGH 1 1/2 minutes. Stir until chocolate melts and mixture is smooth. Spoon chocolate ganache over top of dessert, spreading to edges with a small offset spatula. Cover and chill at least 8 hours.
- Before serving, run a knife around edge of pan to release sides.
- Remove Charlotte to a serving plate; let stand 20 minutes.
- Garnish, if desired.
- *Substitute 12 ounces cream cheese if you can't find mascarpone cheese.

Nutrition Facts



Properties

Glycemic Index:14.59, Glycemic Load:14.96, Inflammation Score:-4, Nutrition Score:5.4486956599614%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 0.99mg, Catechin:

0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 456.72kcal (22.84%), Fat: 23.83g (36.67%), Saturated Fat: 13.96g (87.27%), Carbohydrates: 51.74g (17.25%), Net Carbohydrates: 51.61g (18.77%), Sugar: 42.41g (47.12%), Cholesterol: 158.18mg (52.73%), Sodium: 224.74mg (9.77%), Alcohol: 1.53g (100%), Alcohol %: 1.19% (100%), Caffeine: 26.17mg (8.72%), Protein: 7.44g (14.87%), Selenium: 11.1µg (15.85%), Vitamin A: 683.28IU (13.67%), Vitamin B2: 0.21mg (12.58%), Phosphorus: 99.28mg (9.93%), Calcium: 88.19mg (8.82%), Iron: 1.22mg (6.75%), Folate: 24.5µg (6.12%), Vitamin B5: 0.55mg (5.54%), Vitamin B12: 0.32µg (5.33%), Vitamin B1: 0.08mg (5.15%), Potassium: 171.35mg (4.9%), Vitamin D: 0.73µg (4.88%), Manganese: 0.09mg (4.39%), Vitamin B3: 0.77mg (3.85%), Copper: 0.07mg (3.57%), Zinc: 0.51mg (3.43%), Vitamin E: 0.51mg (3.38%), Vitamin B6: 0.06mg (3.09%), Magnesium: 11.28mg (2.82%)